



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 01242, Ice cream sandwich, vanilla, light, no sugar added**

**Report Date: July 16, 2017 17:32 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 70g
<b>Proximates</b>					
Water	g	48.13	--	--	33.69
Energy	kcal	200	1	--	140
Energy	kJ	837	--	--	586
Protein	g	5.71	1	--	4.00
Total lipid (fat)	g	2.86	1	--	2.00
Ash	g	0.39	--	--	0.27
Carbohydrate, by difference	g	42.86	1	--	30.00
Fiber, total dietary	g	7.1	1	--	5.0
Sugars, total	g	6.58	--	--	4.61
<b>Minerals</b>					
Calcium, Ca	mg	86	1	--	60
Iron, Fe	mg	0.00	1	--	0.00
Magnesium, Mg	mg	10	--	--	7
Phosphorus, P	mg	26	--	--	18
Potassium, K	mg	41	--	--	29
Sodium, Na	mg	164	1	--	115
Zinc, Zn	mg	0.21	--	--	0.15
Copper, Cu	mg	0.090	--	--	0.063
Selenium, Se	µg	1.1	--	--	0.8
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0
Thiamin	mg	0.039	--	--	0.027
Riboflavin	mg	0.052	--	--	0.036

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 70g
Niacin	mg	0.555	--	--	0.389
Vitamin B-6	mg	0.010	--	--	0.007
Folate, total	µg	12	--	--	8
Folic acid	µg	10	--	--	7
Folate, food	µg	2	--	--	1
Folate, DFE	µg	19	--	--	13
Choline, total	mg	2.8	--	--	2.0
Vitamin B-12	µg	0.02	--	--	0.01
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	129	--	--	90
Retinol	µg	129	--	--	90
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	429	1	--	300
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	2	--	--	1
Vitamin E (alpha-tocopherol)	mg	0.14	--	--	0.10
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.5	--	--	0.3
<b>Lipids</b>					
Fatty acids, total saturated	g	0.821	--	--	0.575
4:0	g	0.000	--	--	0.000
6:0	g	0.002	--	--	0.001
8:0	g	0.025	--	--	0.018
10:0	g	0.020	--	--	0.014
12:0	g	0.148	--	--	0.104
14:0	g	0.059	--	--	0.041
16:0	g	0.349	--	--	0.244
18:0	g	0.218	--	--	0.153
Fatty acids, total monounsaturated	g	0.942	--	--	0.659

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 70g
16:1 undifferentiated	g	0.009	--	--	0.006
18:1 undifferentiated	g	0.933	--	--	0.653
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.805	--	--	0.564
18:2 undifferentiated	g	0.750	--	--	0.525
18:3 undifferentiated	g	0.052	--	--	0.036
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.001	--	--	0.001
20:5 n-3 (EPA)	g	0.001	--	--	0.001
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	21	1	--	15

#### Amino Acids

#### Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	1	--	--	1
Theobromine	mg	43	--	--	30